

21st Century Applications Available

Kidzeum Presents

“Stuffee Stays Healthy”



(Photo left) Students Antonio Scott, Brenleigh Schweigart, and Candence House give Stuffee a checkup.

By Beth Musewhite
Kidzeum Director

As children visit The Kidzeum at Grenada Elementary School during the next few weeks, they will be taking Stuffee, The Kidzeum mascot, to visit the doctor and dentist for healthy check ups. The first exhibit in the school-based, children’s museum is titled, Stuffee Stays Healthy! The K-3 grade students will learn three main points about how to keep their bodies and teeth healthy. These points include:

1. We don’t have to be afraid to go to the doctor or dentist, and why it is important to go to the doctor and dentist.
2. How to choose healthy foods in the cafeteria and at the grocery store.
3. Exercise is important to keep our bodies healthy.

On the first visit, Stuffee is going back to school and needs to visit the doctor. The students will actually dress in lab coats like a doctor might wear and participate in “hands-on” activities just as if they were at their own healthy checkup. They will check their own throats by using a pen-light and tongue depressor. They will even take a look through microscopes to learn about germs and ways to stay away from germs. Stuffee will assist the Kidzeum teachers to teach the students what happens to our food during the digestion process. The children will learn which intestine really is the largest and the true shape of our heart, as they actually hold each organ from Stuffee’s body!

On the second visit, students will take Stuffee to the dentist! Students will participate in activities to learn the importance of brushing and flossing to keep your teeth healthy. The children will actually practice brushing and flossing sets of extra large teeth. They will also sit in dental chairs donated to The Kidzeum by

Dr. David Braswell, a local dentist. This will allow the students to get a “real feel” for a dentist’s chair, and help promote taking care of our teeth. The students will even get to identify teeth that might have cavities when they use dental x-rays and dental light boxes. As the children leave the exhibit, each student will receive a special treat donated by several of our local dentists.

For the final visit, the students will help Stuffee pack a healthy lunch for school. As the children go through a simulated lunch line in the Kidzeum, they will create a “rainbow plate”. This type of plate has healthy, bright colored foods. The students will be able to shop at The Kidzeum’s child size grocery store to choose healthy foods to complete a healthy plate. Have you ever checked the nutritional facts on the packages of the foods you might eat? The children at GES will learn how to read and compare different food values, to decide which food is the best choice to eat.

Students at GES will learn just how important exercise is to keep their bodies healthy! The Kidzeum will use part of the *Move To Learn* video series with their instructor, Coach Larry, to promote exercise is important for everyone! Thanks to the Mississippi Office of Healthy Schools, some of the students from the Grenada School District will be a part of the new series of videos with Coach Larry produced by Move To Learn Mississippi. If you would like to see the new videos go to www.movetolearnms.org.

The Kidzeum would like to thank each of the doctors, dentists, and dental hygienists who volunteered to be resource community helpers in our hallways at GES during this exhibit. These professionals gave time to help our students feel more comfortable going to the doctor and dentist for healthy visits.



Culinary Arts students Dylan Smith, Katelyn Ross, Julia Nance, and Summer Glascoe created cheeseball bats during last years program.

By Lynne Russell
21st Century Director

The Grenada School District is currently registering students to participate in the 21st CCLC Grant initiatives for GMS and GHS. Free tutoring and skills classes are available for grades 6-12 after school from 3:30-5:30 pm.

Skills classes include Podcasting/Music Production, Photoshop/Media Design, Pottery/Ceramics, Urban Agriculture/Archery, Building Trades (Grades 9-12 only), Automotive/Welding (Grades 9-12

only), and Culinary Arts (Grades 9-12 only) and will meet on Mondays and Wednesdays beginning October 5, 2015.

Tutoring classes include English, math, history, and science and will meet on Tuesdays and Thursdays beginning on October 6, 2015.

All classes will include free snacks and bus transportation home. If interested please contact the principal at GMS or GHS or call the Parent Center at 227-3370.

MILITARY APPRECIATION GAME

September 17

Grenada High School

Tickets \$7
Free for Grenada High School Students and Military with ID

7 p.m.

VS.

COLDWELL BANKER

LANDMARK REALTY

1360 Sunset Drive, Suite One
Grenada, MS. 38901
(662)226-4454
www.coldwellbankergrenada.com

Lakeway Sporting Goods

197 Scenic Loop 333 • Grenada • 662-227-9210

Grenada High School

Student of the Month

Dylan Teas